MADRASA-TUL-QAAIM (A.S.)

مدرسة القائم

GOLDEN RULES OF CHILDREN'S UPBRINGING

"O lord! Help me in guiding my children, teaching them manners and embracing good deeds."
(Sahifa e Sajjadiya A.S)

Compiled by:
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بسم اللہ الرحمن الرحیم

مدرسة القائم

GOLDEN RULES OF CHILDREN'S UPBRINGING

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WHY IS CHILDREN'S UPBRINGING NECESSARY?

Because our Holy Prophet (S.A.W.W) has said:

"Train your children, for you will surely be asked about them."

Imam Ali (A.S) says:
“Sinful offsprings humiliate their parents and shame their heirs.”

Imam Ali (A.S) further said:

"It should not be that because of you, your family and relatives are considered to be from amongst the worst of people."

SAVE THEM FROM THE BURNING FIRE OF HELL

Therefore, it is necessary that parents protect their children from evil as mentioned below in the Holy Quran.

يٰٓاَ يُّهَا الَّذِيْنَ اٰمَنُوْ قُوْآ اَنْفُسَكُمْ وَ اَهْلِيْكُمْ نَارًا

“O you who believe, save yourselves and your families from the fire.” (Surah Tahrim ayat no.6)

This means that you should not just worry about protecting yourself from fire; being from amongst the foremost in prayers, fasting, doing good deeds, generously giving alms, doing recommended acts, while your wife, children and relatives are worlds apart. And you and your family are going in opposite directions. It should not be that you are attaining higher and higher levels of spirituality, whereas your family is drowning in sins. One should bear in mind, that by ignoring his family he can not attain salvation. These pious people come up with the lame excuse of "What can we do, our wife and children don't pay any heed? We are helpless........"

Almighty has replied to them in the same verse by using the word "fire" and how to save the people of the household when they are burning in hell.

So when children are going astray, and burning in the fire will be the ultimate result, then what should we do?

Is only counselling enough?

Or

O my son! Don't go in the fire, it's a bad thing, you will burn.

Therefore do parents think that if immature children have made hell their destiny, then they are waived of their duties? It will not suffice to say that "Oh, I had tried to stop them. But they jumped in the fire themselves, so what could I do?"

If parents truly love their children, then they should experience sleepless nights and not rest till they have saved them from the fire of hell.

So when parents try to save their children from this worldly fire at all costs, then why do they resort only to verbal reprimanding, while the ferocity of hell fire has no limits, , and its authenticity is repeatedly mentioned in the Holy Quran?

ONLY VERBAL COUNSELLING IS NOT ENOUGH.

In a nutshell, to think that we (parents) have done our part by verbal counselling, is surely not enough. All options should be looked into:
Ulemas should be contacted for discussions and solutions, help should be sought from friends and relatives and no stone should be left unturned. It will be only then, that as parents, we have done due diligence in saving them from the fire of Hell.

WHEN DO CHILDREN BECOME UNFORTUNATE?

Unlawful means of sustenance give rise to unfortunate children. They may God forbid, even stand up against the Imam (A.S) of our time. Disobedient and untrained children may end up being unfortunate in this manner as well.

After achieving victory in the battle of Jamal, Imam Ali (A.S) stood amongst the corpses of the enemies and started to cry profusely. History to date has not seen a victorious cry so much over the defeated.
When asked about the reason for crying, Imam (A.S) replied:
"These people accepted Islam, they used to pray, fast and do good deeds. They should have gone to Heaven. I'm upset at the fact that they fought against the righteous Imam, followed their satanic whims and ended up in eternal punishment."
If their fathers had not fed them from unlawful means of sustenance, and had their mothers sowed the seeds of the love of Ahlulbayt (a.s) in them, they would not have come to such an end.

CHILDREN ARE A TRIAL

Remember! Children are a test for you, as mentioned in the Holy Quran, Surah Anfal, verse no 28.

وَاعْلَمُوْٓا اَنَّمَآ اَمْوَالُكُمْ وَاَوْلَادُكُمْ فِتْنَةٌ

"And know that your wealth and your children are a trial."

It is further said in Surah Tagabun, verse no 14:

اِنَّ مِنْ اَزْوَاجِكُمْ وَ اَوْلَادِكُمْ عَدُوًّالَّكُمْ فَاحْذَرُوهُمْ

"Verily some of your wives and children are your enemies, so beware of them!"

The children become your enemy only when proper upbringing is lacking. Otherwise, well brought-up offsprings have been referred to as the coolness of their parents' eyes in Surah Furqan, verse no 74. Some religious and pious parents also ruin their children by not knowing how to bring up their children according to the guidelines given by Islam.

PIOUS PROGENY ARE A SOURCE OF CONTINUOUS REWARD

According to scholars, the person liable to most hardship on the day of Judgement will be the one whose family had strayed away from religion.
What good will a father's money be who can't properly bring up his children according to the methods prescribed by religion? All his time spent as a money-making machine will go to waste if he can't save his children from the fire of Hell.

AN OUTRIGHT LOSS

Those careless parents who are not investing their time in their children today, will ultimately find their children not giving them any heed when they become old. Surah Zumar ayat no 15 further emphasises on this:

"O Prophet (S.A.W.W)! Say: Verily, the greatest losers are those who have lost their own selves and their families on the Day of Judgement. Beware! That will be a manifest loss

and they will find themselves in beds of fire."

According to a tradition:

"May Allah curse those parents who become the cause of their children being rebellious."

Disobedient, rebellious and ill mannered offsprings end up in Hell because of tormenting their parents, and parents end up in Hell for not bringing them up properly.

There are numerous examples, where the mother herself is a practising Muslim with regards to praying, fasting etc, but wouldn't push her 9 or 10 year old daughter to observe proper Islamic Hijab.
Not only this, parents don't make the effort to get their children accustomed to proper Islamic teachings resulting in them being ignorant and aloof from religion and it's laws, for their entire life.
Such parents are surely in grave danger of facing punishments in the Hereafter due to this negligence.

THE OFFSPRINGS' CURSE

On the Day of Judgement these astray children will curse their parents and say لَا جَزَاکَ اللّٰہُ خَیرُاً "May Allah not reward you." You had not done our proper upbringing. If parents had done their offsprings' upbringing well, then those offsprings would have been a source of continuous bounties for them and also a means of preventing them from punishments in the Hereafter.

CONTINUOUS REWARDS

It has been mentioned in a tradition that once:

Hazrat Isa (A.S) was passing a grave where a dead person was experiencing hardships. To his astonishment, he realised the dead person to be free when he passed by the same grave the following year. Upon inquiring, the Almighty sent down the following divine revelation:

"The dead person left behind a pious son, who corrected himself from the ills of this world and gave shelter to an orphan, it is for this reason we decided to forgive him."(Wasail us Shia Vol no 16)

Therefore, rightly guided children are without doubt a means of benefit in this world, in barzakh (the interval between death and resurrection) and also on the day of Judgement. Try not to be oblivious to this profitable trade.

Imam Jafar A.S said:

"When Hazrat Yusuf A.S saw his maternal brother, he asked him that how did you marry after me?

His brother replied:

"Father (Hazrat Yaqoob A.S) ordered me to marry and said: "If you are able to raise such a son who will fill this earth with the remembrance of Allah then only indulge in this

noble act."
(Wasail us Shia vol 21)

Imam Jafar Sadiq (A.S) said:

"Muslim children will be source of intercession on the day of Judgement and their intercession will be accepted"
(Bihar Ul Anwar Vol 20).

Holy Prophet (S.A.W.W) has also said:

"A pious son (offsprings) is one of the flowers of heaven"(Wasail us Shia vol 21).

A person by the name of Haji Ali Raza dug a pond in Tehran which benefitted people for centuries.
Once a scholar saw Haji Ali Raza in his dream, standing near the pond. Ali Raza told him that “Both the garden and the lake you can see are of Heaven, which I got in lieu of the pond I dug in Tehran. But I still moan the fact of not having any children, for if I had had children who would have said لَا اِلٰهَ اِلَّا اللّٰه even once and died, I would have been entitled to a very great reward."

When Imam Hussain (A.S) brought his six month old, Ali Asghar, back to the tent after the baby had embraced martyrdom, he gave him in the arms of his sister Hazrat Zainab A.S, and then sat on the ground and said:

"O lord! Make this six month old martyr from amongst my treasures on the Day of Judgement."

When departing from this world at such a young age holds

such a lofty status, then surely for momineen (brothers/sisters in faith) to train pious children and present them to the society is noteworthy as well. It doesn't make a difference whether one has a son or daughter; the objective should be to raise pious offsprings.

Aren't Hazrat Marium A.S, Hazrat Khadija A.S, Hazrat Asiya A.S, Hazrat Zainab S.A, and Hazrat Fatima Zahra S.A, a source of continuous rewards for their parents?

RECITE SUPPLICATIONS FOR HAVING DAUGHTERS.

If a couple has not been blessed with a daughter then they should beg, plead and cry to the Almighty to bestow them with one.

Despite having sons like Ismail A.S and Ishaq A.S, Hazrat Ibrahim A.S prayed to the Almighty for a daughter.
Being a girl's father is also a source of pride because our Holy Prophet (S.A.W.W) was the father of one too. To have this kind of a similarity with our Holy Prophet S.A.W.W in this world is surely a matter of honour.

Imam Jafar Sadiq A.S said:

"If someone is blessed with a sister and not a daughter, then also the doors of Allah's blessings open for him."

Holy Prophet S.A.W.W has said:

"Girls are so nice; kind, merciful, soft at heart, helpful, ready for work, a person's confidante, a source of prosperity and friends of purity."
(Wasail us Shia Vol 21)

However, these qualities are possessed by children only when they are raised in accordance with the teachings of Islam. If not appropriately trained, these children can fall prey to divisions and confusions and be led astray from the right path. It will be nothing but waste of a blessing bestowed by Allah.
What could be more damaging for a person than the fact that his children are opposing Islam and its teachings?
What could be more damaging than seeing a child's mind, character, behaviour and belief getting ruined? That his living in this world merely resembles lifeless wood, with no firm belief or faith, and with no proper aim, prospective or goal in mind.

BADLY BROUGHT-UP OFFSPRINGS ARE LIKE ORPHANS.

If mothers don't realise their due responsibilities in life and keep themselves busy with friends, acquaintances, relatives, shopping etc and fathers in their free time, are busy going out with friends, then surely their children's upbringing will be like orphans who will roam the streets resembling hooligans.

A person has very beautifully put it as follows:
"Orphans are not those who don't have parents, but, they

are also those children whose mothers have left them alone and their fathers are busy elsewhere."

PREPARING SOLDIERS FOR THE ARMY OF IMAM E ZAMANA A.S

Therefore, parents have no excuse except to commit to themselves from today; to be strong, to try their best and to pay due diligence to the responsibility Allah has entrusted them with in the form of children.
InshAllah, soon their house will be full of fragrant flowers, and will make prepare such soldiers to serve the army of Imam e Zamana (A.S) who will be in the forefront when Imam (A.S) sets out to create a world order filled with purity and justice.

May Allah be with us and help all of us in this cause.

Was Salaam,
Madresa-tul-Qaaim A.S

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RULE NO 1. PARENTS SHOULD FIRST BECOME THE WAY THEY WOULD LIKE THEIR CHILDREN TO BE THEMSELVES.

Because :

Envious parents will have .... Envious children.

Stingy parents will have .... Stingy children.

Cowardly parents will have .... Cowardly children.

Sinful parents will have .... Sinful children.

Similarly it is a universal rule that:

Generous parents will have .... Generous children.

Worshipping parents will have .... Worshipping children.

Pious and obedient parents will have .... Pious and obedient children.

However, the above rules are often laid to rest, if children have bad friends or bad surroundings ,which causes even the children of pious parents to go astray.

A generous religious scholar, by the name of Sahib Ibne Ibad, used to say:
"I learnt generosity from my mother. She always gave me

money as alms for the poor and needy whenever I went to school. This is what made me generous, as it became borne in my mind that we should think of others besides ourselves."

In other words, when children reach the age of puberty, they should be able to inherit piety from their parents.

Careless parents provide characterless children to the society.

A father whose source of income is from unlawful means, will end up with offsprings who are traitors and criminals. Similarly, parents who keep lapsing their prayers are, infact, teaching their children to do the same. Mothers who do not observe proper Islamic hijab should not expect their daughters to do so. Likewise, parents who ignore their poor relatives will find their children to be selfish and unfaithful.

Logic also defies the gathering of two opposites at the same time under one roof, thus further justifying that it is practically impossible to have a house with non-religious parents and religious children.

During pregnancy, if a mother commits sins; listens to music, watches indecent movies, backbites etc. then, these sins will surely affect the child's character. There are grave chances of a child becoming a sinner if he is being fed by his father's unlawful earning. Just as a physically weak mother cannot bear healthy children, a mother with no spiritual inclination and a fondness for sins should not expect her children to be drawn towards religion.
It is parents like these who are killing their children

spiritually and handicapping their souls.
In order to bring change they will have to change themselves first, not indulge in sins and lead a life in obedience to Allah. Only then should they expect pious and obedient children to serve them, as it is said in the following tradition:
"Whoever becomes pious himself, Allah makes his children as well as the children of his children pious too."

It is a mere "dream" of parents to have their children follow religion when they themselves are indulging in sin, and such a dream can not possibly come true.

RULE NO 2.
BE KIND TO YOUR PARENTS.

If you want your children to be obedient and helpful, then you should also respect your parents and be obedient to them, otherwise do not expect the same from your children. No matter how much attention you give to your children, by ignoring or angering your parents, it will come back to haunt you during later stages of your lives when your own children turn against you.

As Imam Ali A.S has rightly said:
"One's children will reciprocate by being good to them, if they had been obedient to their parents."

Imam Jafar Sadiq A.S further said:

"Be courteous and kind to your parents, so that your

children are the same with you."

Therefore, if parents are alive, one should attend to their needs, be kind and courteous and treat them with respect. If they have departed from this world, then gift them good deeds. It has been said that those who forget their parents after their death will also fall into the same category as those children who have been disowned (aaq) by their parents when they were alive.

Kindness to parents becomes of more significance when one of them has deceased and the other one is alone and elderly, so deserves more attention and affection.

Holy Prophet S.A.W.W said:
"The sign of a good husband is one who is helpful to his parents."
It means if the wife observes that her husband is ignoring his parents and is wrapped around her little finger, then, one can safely conclude that he is not a good husband. Such sinful husbands can not possibly give rise to obedient offsprings.

When children observe that their parents are respecting and taking care of their own parents, then it certainly leaves a positive impact on their behaviour and attitude. Surely, what children learn by seeing in practical life, can never be learnt by constant lecturing of their parents.

RULE NO 3.
PROVIDE CHILDREN AN ACCOMMODATING ENVIRONMENT.

Children should be provided with comfortable surroundings for acquiring religious and worldly education, enabling them to progress with ease. e.g,

1) Children must have their personal chair, desk, bookshelf etc where they can do their own work.

2) Children must have their own prayer mat, rosary beads (tasbih) and sajdagah (tablet for prostration) according to their height and age.

3) Children must have their own tape recorder or Walkman etc on which they can listen to nohay, manqabat, naat, recitation of the Holy Quran, speeches and other religious multimedia available. All these will be a source of creating love of Ahlulbayt A.S in their heart and serve as a helpful tool in their religious upbringing.

4) Parents should not show restraint in buying books, pencils, registers, pens etc for children.

5) Religious magazines that come out monthly should be received under the child's name by post to your house. Reason being, when something is received in their name they will tend to give importance to it and will either read it themself or have you read it for them.

6) Children should frequently accompany parents to

mosques, hussainiyahs (Imam Bargahs) and other religious gatherings like majalis. They should also be asked about what they heard there.

7) In winters, children should be provided with warm water for performing ablution (wuzu) to avoid hardships.

8) To make it a certainty that children get into the habit of waking up for Fajr prayer by themselves, parents should keep an alarm in an alarm clock by the children's bed side. This will get them into the practice of getting up independently in the future and not be dependent on anyone.

9) Girls should, from an early age, be provided with clothes which do not defy the rules of hijab in any way. Their Islamic identity and culture should be reflected by their dress, so that they do not get carried away by the vulgarity of the society. Infact, girls who observe proper Islamic hijab should become role models for others in the society.

10) Under adult supervision; programs, majalis etc. should be organised, where children are conducting the whole program. For e.g : writing invitations for the majlis, calling people and inviting them to the majlis, going to buy tabarruk (snacks etc given at the end of majalis), setting up the room etc.

11) Parents should bring cassettes, CDs, DVDs, etc in order for them to learn and practice nohay, manqabats, salam, qasiday, majalis etc.

12) Parents should bring chart papers, so that the children

can make something on them e.g writing artistically the names of Prophets, Imams, or write their traditions for framing and hanging them in the house on walls and cupboards. This will be a source of encouragement and will do wonders for their confidence.

13) To encourage children, keep their certificates and prizes that they receive from school, madressa or other programs, at such a place where everyone (including guests) who come to the house can see.
Furthermore, people should also be told about children's achievements for added confidence.

14) To create an interest and love for acquiring knowledge, children should be taken to good book stores and stationary shops, at least once a month, to be bought things according to your budget.

RULE NO 4. PARENTS SHOULD REFRAIN FROM ENGAGING IN ARGUMENTS AND SHOULD LIVE IN A HEALTHY AND HAPPY ENVIRONMENT.

It is said that parents who live in peace and harmony become the focus of attention of Allah and His angels.
It means that, if Allah's focus is on you, how can children not get groomed properly?

Imam Ali A.S and Bibi Fatima S.A made an exemplary couple. History records that when Holy Prophet S.A.W.W

saw both of them doing house work, he inquired that who is more tired?
Imam Ali A.S was the first to say:
"Ya Rasool Allah, your daughter is more tired."
This was the level of respect Imam A.S had for the great lady.

Children are like walking, talking cameras in the house. When they see parents treating each other with respect, it gets registered in their memory and serves as a good omen for their future upbringing.

Imam Hussain (A.S), on the harmonious environment of his house, was quoted as saying:
"A house without Rubab A.S and Bibi Sakina A.S is not the same. When my daughter Sakina and wife Rubab are out visiting relatives, the night becomes very long and there seems to be no end to it."

Bibi Rabab's love for Imam Hussain A.S was so pure that even after his martyrdom, she never drank cold water, never sat in the shade, never ate good food and within a year perished from this world for eternal abode.
When a house is full of such affection and respect, then why should it not give birth to personalities like Hazrat Ali Akbar A.S, Bibi Sakina A.S and Ali Asghar A.S.

Once a person came to the Holy Prophet S.A.W.W and said:
"O Prophet of Allah! I have a pious and courteous wife; when I enter the house she greets me with compassion, sees me off when I leave the house, and consoles me when I'm upset."

The Holy Prophet S.A.W.W replied:
"Give her good tidings of Heaven, she is one of the workers of Allah and her daily reward for this is equivalent to that of 70 martyrs."

The Prophet (S.A.W.W) further said:
"If it were not for rude and sinful women, then everyone would be worshipping (and obeying) Allah and no one would be going astray."

The Prophet S.A.W.W on another occasion said:
"If these women of bad character don't correct themselves, then they are merely animals in human form."

Therefore, husbands and wives should make a commitment to treat each other with respect all the time, never misbehave and avoid quarreling in front of the children.

It has been witnessed that those parents who abuse and disrespect each other are unable to train their children well and so suffer grave consequences.

"If these parents do not rectify their ills, then it is extremely difficult for their children to grow up pious…"

Imam Zain ul Abideen A.S said:
"Pleasantness of speech results in an increase in wealth and prosperity in sustenance, popularity in family and a means to enter Heaven."

RULE NO 5.
TO IDENTIFY THE MISTAKES IN UPBRINGING AND ANALYSE WHETHER YOU (AS PARENTS) ARE MAKING THE SAME MISTAKES?

Possible mistakes by parents could be:

1) Your lifestyle is such that the child becomes accustomed to sleeping late.
2) To abuse children when angry.
3) To embarrass them by comparing them with other children.
4) Unwillingly accepting all their demands.
5) Parents often quarreling in front of children.
6) Very often physically abusing them on their mischievous behavior.
7) All the time nagging and stopping them.
8) Selection of spouse of the child's parents was merely based on looks, money and materialistic values. Character and piety were never a priority.
9) Arrangements were made for music, mixed gathering, applying of mehndi(henna), movies by na-mehram men etc. at the wedding function.
10) Fajr prayer getting lapsed on the first night of marriage.
11) Not praying and not fasting during Ramzan during pregnancy on grounds of slight weakness which bears no significance in religion.
12) During pregnancy, backbiting about mother-in-law, sister-in-law and other relatives etc to the people of her own house.

13) Watching all kinds of indecent programs during pregnancy like music videos, movies on cable TV, DVD players etc.

14) During pregnancy, quarrelling with in-laws and using inappropriate language.
15) Holding grudges and hatred towards mother-in-law, brothers-in-law, sisters-in-law etc. during pregnancy.
16) Till about 10 days after delivery it is normal for a woman not to pray (according to Islamic rules), but the mother didn't pray for an additional 30 days i.e 40 days total.
17) For educational and religious grooming of children, the services of proper and qualified teachers were not taken.
18) For religious education of children, other than Quranic recitation, nothing else was really given attention to.
19) The mother, during pregnancy, never gave any attention to using foods which would help in bearing children with pleasant etiquette, intelligence and bravery. E.g dates, honey, quince, beetroot, melon etc.
20) The mother, during pregnancy, kept on committing sins like not wearing proper hijab in front of na-mehrams, wearing makeup in front of na-mehrams, or doing incomplete hijab.
21) During pregnancy, the mother didn't bother about remaining in the state of wuzu, reciting the Quran or doing good deeds and also wasn't particular about fasting and praying properly.
22) At child birth, parents did not make arrangements to perform the recommended (mustahab) acts. For eg. making the child taste Khak-e-Shifa, water of river Furat, normal drinking water, or doing Tehneek with dates(feeding the newly born baby with dates).

23) Parents often breaking promises made to children.
24) Father's source of income was from unlawful or doubtful means. For example things on which Khumus had not been paid were being used, or the family was being fed by means forbidden by Islam.
25) The father's attitude with his own parents was not appropriate; he kept speaking to them loudly, getting angry at them, verbally abusing them and so forth.
26) Parents never studied any books related to child upbringing. Children were just left to grow up.
27) Never paid special attention to encouraging children, giving them gifts or praising them when they did something noteworthy.
28) Didn't take any special steps in getting children into the habit of praying, probably thought they would be able to manage it themselves when they grow older.
29) Never bothered to check out the habits and character the children's friends possessed, thinking that children are after all children only.
30) Gave children access to mobile phones, internet, cable TV etc at an early age.
31) Explaining and disciplining children by yelling and screaming at them.
32) On all your child's requests and wishes, your answer was in the negative (NO) most of the time.
33) Complaining to relatives about their children.
34) Father was busy making a living during the day and spending time with friends in the evenings and nights, resulting in not giving children their due time.
35) Instead of giving time to children at home, parents kept taking them to their friends and relatives houses most of the time.
36) T.V remaining open all the time. Even when the whole

family is sitting together, they would be watching TV instead of talking to each other.
37) Parents and children eating at separate times instead of eating together.
38) Keeping constant control on children and pressuring them beyond normal limits.
39) If they start to do something, they are stopped by saying "Leave it, you will spoil it."
40) Immediately scolding children when you see them doing something wrong.
41) To curse children on not getting a position in school, madresa, exam, test etc.
42) To feed children by repeatedly scolding, hitting, black mailing or bribing them.
43) To not talk properly with children, exchange views or consult them.
44) Parents being obsessive about cleanliness, so much so that it reaches the level of excessive doubts.
45) Parents being very impatient to see the results of upbringing.
46) Not acquiring in-depth knowledge about the nutritional requirements of children, but relying merely on hear-say information circulating around them.
47) Not taking the moderate middle path in upbringing, rather just sticking to a policy of strictness.
48) Not controlling the habit of excessive TV and computer use.
49) During pregnancy, while feeding and during early years, ignoring the upbringing process under the illusion that the time for it has not come yet.
50) Not being by their bedside when children are being put to sleep.
51) Being stingy in buying stationary and educational stuff

for children, whilst showing generosity in buying toys and edibles.
52) Transferring the schooling activities and educational responsibilities of children to tuition teachers, and themselves becoming oblivious to it.
53) Like-minded parents not consulting each other in matters of upbringing.
54) Fulfilling upbringing responsibilities in a state of anger.
55) To ask children to do something when they are busy with a lawful activity of their liking.
56) To lose hope that children will ever become better.
57) To wait for children to become older before starting their upbringing.
58) To compare your children with other children.
59) To physically and verbally abuse children in front of others, resulting in them thinking you as being cruel rather than a teacher.
60) To catch them red-handed on their mistake.
61) Instead of asking them do something, discourage them by saying "you will spoil it." Children take this very negatively.
62) To show children scary movies, TV dramas, films etc.
63) To forget that a child is after all still a child during upbringing.
64) To spoil the child's name by calling them by bad names.
65) To make children feel like they are closely watched.
66) To set difficult targets for children.
67) To give them long lectures.
68) To make them adhere to too many rules and regulations.
69) To put immense pressure on children. School, homework, school projects, exams, tutors etc.
70) Not listening to what children have to say with complete attention.

71) To stop children from asking questions or doing experiments by saying such things as "Don't waste your time on unnecessary things!"
72) Pointing out their mistakes in front of people.
73) Not giving importance to promises made to children.
74) Not giving permission to do their own work by themselves.
75) To embarrass them by repeatedly mentioning their shortcomings and faults.
76) Instead of giving logical reasoning, forcing or bullying children into accepting something.
77) Giving them priority compared to other children.
78) Calling them with the following abusive names:
E.g. ugly, dog, lazy, ass, devil, witch, crazy, bastard, useless, pig, dumb, wild animal, idiot, stupid, ignorant, 'ullu ka patha' etc.
79) <u>To use the following insulting names and sentences:</u>

- I have explained this to you a thousand times, but you don't get it in your head!
- Get lost!
- You will never improve!
- You can never learn by yourself!
- You can never do anything properly!
- You will definitely be disgraced!
- You are always at fault!
- You will go to hell!
- You are really dumb!
- Are you blind?
- You are very unfortunate!
- Always making excuses!

- Are you in your senses?
- You are totally useless!

80) Parents using the following phrases in the house:

- Our luck is really bad.
- He/she has been spoilt by his/her mother/father.
- When children do something bad, it is said that they have gone on their maternal/paternal family.

81) The following phrases are not being heard in houses:

- Thank you, my son.
- May God increase your opportunity to do good deeds.
- You have made me really happy.
- May God reward you.
- Come and sit son.
- Son, what is your opinion in this?
- Son/ daughter I would like to consult you.
- O my son, what happened, why are you angry? Why are you looking worried my daughter?
- I'm proud of my son/daughter.
- I've been waiting for you since long, O my son/daughter!

82) To constantly interfere in children's work.
83) To force children into thinking negatively about their friends and teachers by talking bad about them.
84) To ask for a reply from children when you are really angry. This causes them to end up lying.
85) Father palming off all the responsibilities of upbringing

on mother's shoulders and assuming that grooming children doesn't go along with his busy schedule of work.
86) Parents not respecting each other in front of children.
87) The father joking excessively and being overly friendly with children, so much so, that he loses his authority.
88) Continuously telling children to do this, do that, don't do that.
89) To expect children to keep quiet most of the time or expect them to sit in a corner and keep reading.
90) Not keeping the child's likes and dislikes in mind when buying things.
91) To expect children to obey each and every parental command.
92) To speak ill of the child's paternal and maternal parents, uncles and aunts causing children to stay away from them.
93) To consider it useless, meaningless and a waste of time to spend more time with children.
94) Children are not able to speak their mind to their parents due to lack of care and affection expressed by them.
95) Not letting children decide on the careers of their choice. Instead, forcing them to choose fields of parent's interest.
96) To scold children on asking questions and trying to convince them by giving inappropriate replies.
97) Not letting children take responsibilities of doing things which are compatible with their age.
For e.g: making their bed, putting away their toys, setting the plates on the dining table, laying the dastarkhwan, helping to serve the meal etc.
98) Not taking part or interest in extra circular activities of children, e.g not attending school programs and competitions to see their performance, not helping them prepare for debates, projects etc.

99) To object to everything children have to say, thus, making them feel that they are really bad.
100) Not being aware that children are getting affected by the bad habits of their friends in school.
101) Parents not analyzing and correcting the mistakes they are making in their children's upbringing.
102) To scare children by darkness, doctors, injections, scary old men, monsters, witches, jinns, zombies etc.
103) To be severe in giving them punishments like slapping or hitting them so hard that diyyat (religious monetary fine for hitting someone) becomes wajib (obligatory) on you.
104) Parents unnecessarily favouring their own children when they are quarrelling with other children.
(This will lead to prejudice and make them absolve others of their rights).
105) Often lying to children.

RULE NO 6.
MOTHERS SHOULD LET FATHER'S AUTHORITY REMAIN INTACT.

It is alright if the children are not that scared of the mother, but they should definitely be afraid of their father. Mothers shouldn't downplay the father's role in the eyes of children by screaming or pressuring him into doing something.

A father should be like a merciful king in the house; under whose shadow everyone lives in peace and tranquility, yet nobody should dare have the courage to do something wrong in front of him.
When fathers are reprimanding children, some naive

mothers unnecessarily start taking the child's side. Infact, what is worse, is that she starts quarrelling with the father. This behaviour actually spoils children even more and lowers the father's respect in their eyes.

Those mothers who behave in a negative manner with their husbands and keep them under pressure all the time, are actually directing their children to become more disobedient and rebellious in the future. Gradually they will overcome their mother's authority, and since the father never had any authority to begin with, the offsprings will become like untamed and unbridled animals.

Therefore, mothers should treat children with love and care, and simultaneously let the father's authority be intact. As children get older, a father with authority is able to control the mischief better, whereas the mother is clearly found lacking of that ability to control.

In short, the mother ends up losing grip on her control in a few days only, causing obstinate and rebellious children to confront her.

Parents, especially mothers, should be very cautious before it is too late and children have developed their character. Once they go astray, it will be an uphill battle to get them back on the right path.

So the best way forward in upbringing is with the mother's love and affection, combined with the father's authority, for surely the opposite will make the offsprings disobedient and rebellious later on in life.

RULE NO 7.
PROTECT CHILDREN FROM THE COMPANY OF BAD FRIENDS.

A bad friend is worse than a snake. A snake causes harm in this world only, whereas, bad friends ruin both this world and the hereafter.

Late Aga Mazahiri R.A used to say, “I knew of youths who would be roaming around with the Mafatih under their arms always and never skipped going to the shrine of Bibi Masooma Qum S.A, but, later were seen roaming the streets with shaven beards only because of the company of bad friends.”

Bad company of friends also ruined the life of Prophet Noah(A.S)'s son. This gives parents a clear message, that regardless of the child's age, they must know who the child's friends are.

Try and increase the frequency of visits to houses of pious people so that your children can make friends with their children. The interaction with pious households should be to the extent that it compensates the void left by abstaining from bad friends.

Remember! Ill-mannered and disobedient children definitely transfer their ill effects onto other children.

Imam Ali A.S also reminded us to "Avoid the company of mischievous people, because without even knowing, you will have accepted their bad habits".

Holy Prophet S.A.W.W has said:
"A person follows the style and character of his friend. So each one of you should be very careful when making friends."

Children should frequently be told about the qualities of bad friends, so that they can remain on guard. From a very young age, make them memorise the saying of Imam Hussain A.S that:
"Whoever stops you from bad deeds is actually your true friend, and whoever invites you towards sins is your biggest enemy; differentiate between good and bad friends along these lines only."

RULE NO 8.
MOTHERS SHOULD MAKE ARRANGEMENTS OF THE FOLLOWING DURING PREGNANCY.

Parents are very concerned about proper education and training of their children. Often, however, it is the completely opposite of Islamic teachings.

Education starts after 4 years, 4 months and 4 days, but, the process of upbringing starts from the mother's womb.

A mother's psychological state has a very deep impact on the child. If a pregnant woman is under stress (be it from the stress of having a baby girl) the child born will be cowardly and will be easily scared. If the mother is

vengeful and envious, then the child born will also posses these qualities.

If the mother is brave (provided all the bravery is not only in front of her husband and in-laws), then the child born will also be brave and will have a pleasant character.

Imam Ali A.S blamed Mohammad Hanafia's mother for her sons' failure in battles. In contrast, for the birth of a brave son like Hazrat Abbas A.S, Imam appointed his brother Aqeel to search for a woman who would bear the qualities to be able to give birth to Hazrat Abbas A.S.
That woman was Hazrat Ummul Banin A.S.

66% of children's psychological problems have already developed in the child from his mother's womb, due to the mother. Whatever the mother sees even affects the child as well.

A case once came to Ameer ul Momineen A.S where a white lady had given birth to a black child. Upon investigation, it was revealed that there was a black person's picture in the room of the lady during her pregnancy.
Imam A.S gave the verdict that the mother is not guilty, and added that the child's colour is a result of the mother looking at that picture.

Today, courtesy of the electronic media, a pregnant woman unfortunately has access to watching all sorts of indecent dramas and pictures and is exposed to people of ill repute with no one to stop her. For hours she watches the interviews of such characterless men and women, and gets

impressed by them, so it is impossible that these ill effects will not be transferred into the child. Infact, if we see all the carelessness a pregnant woman displays, it is merely Allah's blessing that children do not get as mischievious as they should have been.

That is why it is also mentioned in traditions that children should not be around at the time of physical relations between husband and wife, otherwise they will commit adultery upon growing older. Also, at that particular time, the thought of a na-mahram (a person with whom you can't marry) should not cross the mind of the parents as the child born can turn out to be insane or psychologically damaged.

Effects of some foods on pregnant women.

If dates are eaten then--------Children born will be patient.

It is important to know here, that intake of food by a pregnant mother does affect the child she is bearing.
It is mustahab (recommended) that a woman who has just delivered should be given 9 fresh dates to eat.

If fresh dates are not available, the old dates from Madina should be given and if they are also not available, then whatever is in the market should be given.
Expectant mothers should eat dates during pregnancy, because according to traditions, then the child born will be patient.

Imam Jafar Sadiq A.S has said:
"Allah has sworn by his grandeur and dignity that if a

women eats dates at the time of child birth, then, the child born (whether a boy or a girl) will be tolerant."

Imam Jafar A.S further said :
"After the woman has given birth, feed her dates, because Allah ordered Hazrat Maryam A.S to have a date at the time of child birth."

Holy Prophet S.A.W.W has said:
"If a woman who has just given birth, eats dried dates, then her child will be patient and tolerant."

First nutrition of the child

First bite of new borns holds a great deal of significance in their spiritual development.
Their first taste should be the water of Furat or the sacred earth of Imam Hussain A.S's grave, and if Khak-e-Shifa is not available then rain water should be given as the first thing for the child to taste.

If beetroot is eaten then ------the child will be brave and intelligent

Holy Prophet S.A.W.W has said:
"Eating beetroot during pregnancy results in the child to be brave and wise".

However, according to the Holy Prophet S.A.W.W eating of beetroot, vinegar, coriander and sour apples should be avoided by the bride during the first week of marriage.

When Imam Ali A.S inquired about the reasoning for this, Prophet S.A.W.W said:
"Having beetroot during early days of marriage can cause the uterus to become cold, whereas, vinegar prevents the woman to cleanse herself from the blood of Haiz. Coriander, on the other hand causes difficulty at the time of child birth and sour apple is a reason for illness".

If quince is eaten then---------------the children will be beautiful

Imam Jafar Sadiq A.S looked at a beautiful child and said:
"Definitely his father (when making arrangements at the time of planning the child's birth) must have eaten quince."
Then he said:
"Give these things to the pregnant woman too so that your children are good-looking."

Once the Holy Prophet S.A.W.W gave Jafar ibne Abi Talib A.S "quince"(bahi) and said:

"Eat this! As it makes the complexion fair and is a reason for your and your child's good looks".

RULE NO 9.
PROTECT YOUR CHILDREN FROM UNLAWFUL AND DOUBTFUL MEANS OF SUSTENANCE AT ALL COST.

If a father brings in money from forbidden means, unlawful commissions, unlawful money from interest schemes, the money on which Khums has not been paid, or from

doubtful means, then, it is nearly impossible for his children to be pious and God fearing.

All fathers should go to proper religious scholars and verify their source of income be it from a business or a job or other means.

One bite of food from unlawful or even doubtful means results in the urge of committing sins for 40 days in a person.
If such is the severity of the urge of committing sins by the person whose source is unlawful or doubtful, then how is it possible for children who are being fed with this kind of income and not indulge in sins.

Imam Hussain A.S referred to the army of Yazid and said: "What I'm saying is not having an effect on you, because, your stomachs are full with food obtained from unlawful means."

One reason for laziness in worshipping.

Once a young man went to his mother and said: O mother! My heart is not where it should be during worship, it seems to be engulfed in darkness.
I do not eat from unlawful means, and do not keep company of bad friends, am steadfast in doing obligatory and recommended deeds, and stay away from unlawful things, yet, still feel very lazy to worship.
I want to ask you the reason for this?

The mother thought for a few minutes and said:

Son! When I was expecting you, and your father had gone on a journey, I had gone to the roof of our house to dry clothes. Upon seeing that our neighbours had left prunes to dry on their roof, I picked up one of them and ate it. Later on I felt very guilty about what I had done, but, didn't have the courage to go and get myself excused.

The young man said:

"O mother! Give me permission to go to the neighbour's house and seek forgiveness, so that I can stay protected from the attacks of Satan, worship in peace and rid my body from the ill effects of unlawful food".

Enmity with parents.

Today, the father is feeding his children with food from unlawful means, tomorrow, on the Day of Judgement these very children will become his enemy and cry out:

"O Lord! Our father fed us with food from unlawful means, didn't provide us means for religious education causing us to deviate from religion. We demand that our rights be given by our father."

If fathers are usurers and mothers cruel in nature like the liver-eating Hinda, then children born will surely be mean and cunning. Hajaj's mother was also barbaric in nature which is why she gave birth to a son like him.

The believer who is able to keep himself away from

procuring sustenance by unlawful means, his reward is equivalent to 70 accepted Hajj.

If you ever feel that your inclination towards Namaz-e-Shab, worship and Quran recitation has slacked, then, you should look into your source of income, food intake as to whether they are from lawful means or not?
Is your income from doubtful means?

From amongst the major things that keep us away from worship and act as catalysts to committing sins, is an unlawful source of income.

Once the Holy Prophet S.A.W.W passed by a shop where fruits were sparkling clean. On seeing this he inquired "Why is it that the fruits look different on the outside and different from the inside?"

The shop keeper replied:
"O Prophet of Allah, because of rain water it has become like that".
To which he was asked: "Why didn't you move them?"

The Prophet further said مَنْ غَشَّ فَلَيْسَ مِنِّى
"(Whoever mixes is not from me). Whoever betrays another Muslim is not a Muslim".

For these very reasons Imam Ali A.S used to write to his governors that:

"When you write letters to me keep the pointers thin, don't leave too much space between words and write closely, because, by not doing so, you tend to use more paper, pen and ink which puts a strain on governments funds. Government funds should not have to bear these extra expenses."

How can an Imam who can't even witness such a meagre loss, bear to witness outright committing of forbidden acts by his followers?

The Holy Prophet S.A.W.W further said:
"He whose meat, skin and bones are made up of unlawful means deserves to be in Hell".

Imam Ali A.S said: "Surely even a bite contributes somewhat to the formation of meat in your body".

If a mother is a habitual backbiter, she too according to the Holy Quran, is eating the meat of her dead brother. This intake of unlawful nutrition will surely have an effect on the child she is bearing.

The joy of worship disappears.

An elderly person says:

Once upon a time, my spiritual state was in shambles, neither would I pray on time, nor had any inclination towards praying Namaz-e-Shab (salat e tahajjud), moreover, my heart was also very confused. I would keep thinking about where the pleasure of worship had disappeared?

One night whilst weeping on my condition, I fell asleep. I dreamt of a voice coming and saying that:
"All those unlawful dates don't go hand in hand with worship, which is why you cannot derive pleasure in your worship."
Upon his waking up, he recalled, that he had picked up a date without the permission of the shop keeper from whom he was buying. The effect of that one date was such that it deprived him of the pleasure in worship.

Effects of sustenance procured by unlawful means.

If the father is bringing in money from unlawful means, then he is wasting all the endless hours of hard work that a mother is putting in at home to keep children away from sins.

The importance of lawful means of sustenance can be gauged from the fact that, when Holy Prophet S.A.W.W was to have Bibi Fatima S.A, he was ordered by Allah to fast for 40 days. Then on the 40th day when he opened his fast from the fruit of heaven, birth of Bibi Fatima S.A was planned.

In Wasail Ush Shia Volume no 17 Imam Raza A.S says:
"The ill effects of the unlawful become evident in ones progeny."

Allama Majlis R.A says:

"There have been households in which fathers have been told by wives and children to beware and not bring in money procured by unlawful means. According to them, hunger and difficulties of this world can be dealt with patiently, but, surely not the punishments of the hereafter."

Things on which Khums has become due and are not paid, are unlawful to use.

"The worst money is one on which Allah's dues have not been paid"(Meezan Ul Hikmat).

Imam Mohammad Baqir A.S has further added to this by saying:
"These kinds of people will rise in such a state on the Day of Judgement that their hands will be tied to their necks."

Such people will be subjected to two kinds of punishment on the Day of Judgement; one of earning by unlawful means, and second of feeding their family from that unlawful source.

Therefore, it is an undeniable fact that lawful means of income lead to religious prosperity, whereas forbidden means lead to darkness. A father should always keep the following saying of the Prophet S.A.W.W in his mind when going out to earn a livelihood.

"Take only pure and lawful money home"

RULE NO 10.
GIVE RELIGIOUS TRAINING TO YOUR CHILDREN.

You should include the following in religious training:

1) Make them inquire what Allah's orders are in all walks of life e.g tell them about the ruling on Khumus when they have saved pocket money and so forth.

2) If ever, they see a sin being committed at a gathering e.g women folk not properly covering themselves, make them realise that the true followers of Bibi Fatima A.S and Bibi Zainab A.S should loathe such acts.
3) Have competitions amongst children to learn hadiths of Masoomeen A.S (give them a special gift on learning 40 hadiths).
4) Have competitions amongst them of learning different Surahs of the Quran with their meanings.
5) Special prizes should be given on the regularity of Namaz e Fajr.
6) Bring sweets or cakes home on the birthdays of Masoomeen A.S. Their merits should be mentioned and one Tasbih of salutations by the whole house should be recited. The Tasbih should then be gifted to the Masoomeens or the infallible whose birthday is on that day.
7) On the death anniversary of an infallible, put on a Noha or a cassette/dvd of a majlis.
8) Have competitions amongst kids for learning the laws of Islam (rules of Fiqh).
9) Make them so habituated to Quran, naat, nohay, manqabat, etc that even in their daily lives these sacred

words are always on their lips.
10) Keep quiz programs and competitions amongst kids according to the Islamic dates of the calendar.

Until and unless parents create a conclusive environment in this regard, how can they expect to groom children religiously from an early age?
Children won't be able to implement the above given tips by themselves. Parents, grandparents, elderly, etc will have to pitch in and do this favour for them with kindness.

It has been mentioned time and again in so many traditions that amongst those people who will be sent straight to Hell without any questioning, will be parents who didn't pay attention to the religious and ethical grooming of their children.

11) Keep a small function in the house when your child attains puberty (becomes Baligh Islamically). Start preparing them for this day six months in advance, by telling them that on this day you will be considered a responsible human being, responsible enough to undertake obligatory actions commanded by Allah.

They should be made to understand of how they will become a mukallaf (follower), how they will be able to choose their destiny to Heaven or Hell by doing good deeds and vice versa. And how lucky they are that God Almighty has bestowed such an honour on them.

12) Parents should make sure that on the blessed day of their children attaining puberty, nothing unlawful like lavish mixed gatherings, musical evenings, extravagance

etc takes place, so that it can be remembered as an auspicious and blessed occasion.

13) Similarly on other important occasions like birthdays etc Islamic etiquettes should be given due importance and not be sidelined. This is because, if children are raised according to the customs of other religions, they will spend their future wasting their precious time for the want of worldly pleasures only.

It will surely be regarded as utter ungratefulness on the part of parents to Almighty for blessing them with children and then losing them to satanic mischief.

14) Daily, before sleeping make them recite the Surahs they have memorised and also bring it to their notice that this particular day will never come back in their lives.

What good did you do? What did you collect for the Hereafter? What were the negatives of today? Did you trouble any one? Did you disrespect an elderly?

15) One of the most important responsibilities from amongst the many on parents is to make children aware of the rules of religion. Their minimum level should be the ability to distinguish between what is Halal and what is Haram (lawful and unlawful).

RULE NO 11.
FOLLOWING POINTS SHOULD BE KEPT IN MIND DURING THE CHILD'S PHYSICAL UPBRINGING

Physical exercises are an integral part of a growing child. It has been mentioned in traditions that:

"Give your children ample time to play till the age of seven." (Wasail Ush Shia)

By playing at appropriate times, children can reap the following benefits:

1. Learn discipline.
2. Recharge energies after a tiring day at school.
3. Get used to living an active lifestyle by exercising regularly.
4. Release hyperactivity and hypertension from the body.
5. Children should be encouraged to play sports which involve physical exercise. They should not just be glued to the computer, mobile phone or T.V.
6. Bring games for children in which they are made to use their minds and not play with remote controlled gadgets where they are just mere spectators.
7. For physical upkeep of a child, sleep also plays a very important role. Some small kids require 11-12 hours of sleep. Late nights results in incomplete sleep, hampers their performance in school, makes them irritable and disobedient and gives birth to different psychological ailments like depression etc.
8. Sleeping early and getting up early is equally important for growing children. If parents can form a habit of this in children it will be like they have done them a great favour. Late nights will cause them to lag behind in all things pertaining to this world and the Hereafter.
9. Parents should also play with children, for this will help increase their I.Q. Holy Prophet S.A.W.W himself used to play with Imam Hassan A.S and Imam Hussain A.S.
10. Don't make the child get in to the habit of leading a very comfortable and relaxed life. They should not become

lazy or palm things on others or make excuses to avoid taking on responsibilities.

11. Parents should also keep in mind that sports should not be of very long durations and it should also not be something that puts the child under too much stress or difficulty.

RULE NO 12.
PUNISH THEM AS LITTLE AS POSSIBLE.

1) Generally speaking, physical or other punishments do not leave a positive impression on children nor does it make them inclined towards correcting themselves. On the contrary, it gives birth to the following bad habits:

1. Children become obstinate, adamant and rebellious.
2. Their self respect is seriously damaged.
3. They develop ill feelings about the punisher and distance themselves from them.
4. They become cowards.
5. They do that particular bad deed anyways, but, hidden from public eyes.
6. To avoid punishment they take the support of lying, treachery and other kinds of mischief.
7. Punishing children causes them to learn more treachery, for e.g if they break something and the father talks in a manner where he is about to hit them, then, surely they will resort to lying.

AND

If punishing becomes necessary then the following should definitely be kept in mind.

1. Avoid giving punishments in front of everyone.
2. When angry don't punish at once, wait a little before punishing.
3. Don't take support of lying or exaggeration when punishing.
4. Don't threaten them about things which can't be implemented.
5. When punishing, they should be told about the negative implications of the deed done.
6. Use punishments as a last resort.
7. Find the actual cause of that mistake and try to overcome it.
8. It is not necessary that only physical punishments be given. Punishments can be verbal or a stern look, not talking to them for sometime, or not giving them pocket money etc.
9. Parents should give punishment themselves. Elder siblings should not be made responsible for giving punishments to younger siblings on their behalf.
10. It is not correct to immediately punish children for every mistake they make.
11. When punishing, the parent's anger and emotions should be under complete control. Punishments should not be given to take out their anger and frustrations on children.
12. Punishments should be given when parents have calmed down. They should then, pretend to be angry and hand out punishments. This is because in the state of anger, people tend to cross boundaries whereas in fabricated anger, they don't.
13. Corrective measures should be kept in mind when punishments are handed down. For example, as punishment children could be told to pray 2 rakaat namaz of repentance, made to write an essay, find out the meanings of difficult

words and so forth.
14. Punishments like hitting on children's hands, coming from behind and slapping them or slapping them on their face are considered as catastrophic mistakes on the part of parents.

15. It is proven, that punishing with a softer tone is much more effective than using harsh language.
16. How can words of wisdom stay in hearts which have been pierced with harsh, insulting and taunting words?
17. If children are apologising after making mistake, then they should definitely be forgiven by parents.

Out of 114 Surahs of the Holy Quran, only Surah Baraat does not have a Bismillah at the beginning. One of the messages in this is that forgiving and forgetting, loving and caring etc are actually the true parameters in a society.

Fathers should lessen their authority when children grow older

Fathers should lessen their authority as children grow older, and should act in a friendly manner. Likewise, mothers should also befriend their daughters. Hitting children when they have grown can result in grave consequences and also cause them to rebel.

However, sometimes it becomes necessary to slightly tap them within the boundaries of what has been prescribed by religion and by not making Diyyat obligatory upon oneself (compensation money for hitting someone).

Hazat Luqman A.S said:

ضَرْبُ الْوَالِدِ كَمَطَرِ السَّمَآءِ لِلزَّرْعِ

"Father's hitting children in order to make them learn ettiquette, can at times be compared to the rain needed for farming".

RULE NO 13.
THOSE MOTHERS WHO BREAST FEED SHOULD TAKE THE FOLLOWING MEASURES.

1) Firstly mothers should not feed canned milk available in the markets because
the attributes of the nursing mother are reflected in the child.

When feeding, a mother's spirituality is also absolved by the child along with milk. Just like a pious mother will transfer her purity, a mother with dubious character who is not abiding by the rules of religion, will transfer her ill beliefs in the child when breast feeding.

A companion of the Holy Prophet S.A.W.W once asked him:

Allah has granted you the power of speech and the power to address people with perfection.
Holy Prophet S.A.W.W replied by saying:

"Do you know who breast fed me? These are the effects of the milk of Halima Sadia, who was a pious lady from the tribe of Bani Asad."

The basic problem with today's mother is that instead of breast feeding, they resort to formula milk available in the market. It is because of this Akbar Ila Abadi had to say:

ے اولادمیں کیا آئےخوماں باپ کےاطوارکی
دودھ توڈبے کا ہے تعلیم ہے سرکارکی

If mothers knew the reward Allah has kept for this mighty deed, maybe they would not have resorted to alternate sources. According to the Holy Prophet S.A.W.W, every time a mother feeds, she gets the reward of freeing a slave from the progeny of Hazrat Ismail A.S and after she is done with feeding, an angel pats her back and says "Start your life afresh, for all your previous sins have been forgiven." (Wasail us Shia, Vol 21).

It is really amazing that despite the rewards waiting for the mother, she is still unable to exercise the basic right of breast feeding her own children. Mind you, these are the same mothers who would for hours-on-end speak on the rights of a woman in society, yet her own children remain deprived of their basic right.

Holy Prophet S.A.W.W has further said:

"The reward of gifting a life to someone is credited into the Muslim mother's account of good deeds when a child takes the first sip in breast feeding."

It should be noted here, that breast feeding not only benefits a woman in the Hereafter, but, the one who breast feeds is less likely to face problems with her ovaries and breast cancer.

The milk that comes in the first 24 hours after delivery is commonly known as Clostrum.

It is very healthy, free of germs, is a source of antibodies for the child, and saves the baby from infections till he grows older.

Furthermore; breast feeding helps women get back to their pre-pregnancy weight, prevents them from getting pregnant again during that time, and assists their uterus to return back to their original shape and form.

Mothers who haven't breast fed children can't even taunt them of forgiving their milk (which is usually the case when they are upset). This has been beautifully put by someone as below:

"The grass grown in a garden is not comparable to the grass grown in jungles and what can be expected out of kids who have been fed by mothers overcome by shortcomings".

Mothers have no right to deprive children of their rightful means of sustenance just to supposedly maintain her own health, beauty and physique. They should never resort to replacing their own healthy milk by bottled and formula milk of animals.

2) Mothers should remain in the state of ablution (wuzu) when breast feeding.

Mothers should certainly make it a point to remain in the state of ablution (wuzu) everytime they feed their babies. There are many examples of pious, God fearing, practicing and knowledgeable scholars whose mothers always fed them in the state of ablution (wuzu).

The mother of the great scholar and gnostic Ayatullah Shaikh Jafar Shustari (whose calibre was such that his teachings would pierce the heart of his followers) was once asked if she was happy with her son?

Her reply was in the negative.

When people inquired why? She replied by saying:

“In the two years of breast feeding I never took him in my arms to feed without being in the state of ablution (wuzu). I wished for him to become like Imam Jafar Sadiq A.S in etiquette and character, but, he only ended up being Jafar Shustari."

The great Ayatollah Brojerdi's mother also always fed in the state of ablution. Once when she had the need to take ceremonial bath (ghusl) at night, and couldn't arrange for hot water due to severity of cold weather, she performed the Ghusl with cold water and then breast fed her son. It was because of such sacrifices and purity of intention that she was able to raise a son like Ayatollah Brojerdi R.A who went on to create a revolution with the sphere of his knowledge.

When people congratulated Shaikh Murtaza Ansari's mother on his high level of intellect and knowledge she replied:
“I wouldn't have been surprised if he had attained the status of Prophethood, he has just reached the level of Ijtihad (level of interpreting Islamic laws).”
And when people sought more detail from her, she added:

“The least I did in his upbringing was that I never fed him without being in wuzu. And when he was able to eat, then too I used to feed him each morsel being in the state of wuzu. Moreover, if my ablution had not become void, even then I would still perform ablution again under the pretext of the following tradition:

اَلْوُضُوْ عَلَى الْوُضُوْ نُوْرٌ عَلٰى نُوْرٍ

There was once a time in Shiraz when no baker baked anything without being in wuzu and after having recited Hadith e Kisa. Such was the level of training by mothers of that era.
What is disappointing to know here is that how can mothers take up the difficult challenges of upbringing later on, when they are not even aware of the great benefits associated with breast feeding whilst in ablution. It is high time mothers rise to the challenges of present day upbringing. It will be too late, when disobedient children are standing face to face looking into the eye and answering back to their parents. Oh! How much they would want to go back in time and rectify their mistakes, but unfortunately it will be too late.
Fortunate are those mothers who are still in the process of

breast feeding and are in with a chance to avail the benefits. However, those who have passed this process shouldn't be saddened and should try to sincerely follow other methods of grooming children.

3) Mothers should either read or listen to the Holy Quran and Duas while feeding.

Supplications like the one in Sahifa e Kamila of Imam Sajjad A.S which parents pray for children, special supplication of Imam-e-Zamana A.S and others should be recited by the mothers.
In addition, they should also pray for their children to be the soldiers of the Imam of our time and then witness how Almighty helps them in their cause inshAllah.

4) Mothers should recite بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْم and seek repentance before feeding.

5) Mothers should feed in a state of tranquility, cheerfulness and with a smile on their faces, for it leaves an extremely positive impact on the minds of children.
On the other hand, mothers who (are irritated by domestic fights and problems) have to get up in the middle of the nights to crying children and feed them in an irritated and angry state of mind will result in them being impolite and quarrelsome.

6) Mothers should relieve themselves of all worries at the time of feeding.

7) Husbands should forgive and forget the mistakes of the feeding mother and not let out their frustrations and anger

in the house. This can have grave psychological effects on the children.

RULE NO 14.
PARENTS SHOULD INCULCATE GOOD HABITS IN THEIR CHILDREN.

Imam Ali A.S said: اَلْعَادَةُ طَبعٌ ثَانٍ

"Habit becomes one's second nature”.

The effects of good deeds done by children will leave a lasting impact on their personality. It will protect them from inclination towards mischief and also from the accursed Satan.

A few examples of good habits could be:

1) The habit of giving alms….. Every day before going to school and before sleeping at night make children give alms (Sadqa). The father should make arrangements for small notes and coins to be available so that there is no break in continuity. This will gradually form into a permanent habit, inshAllah.
2) Being the first to say Salam to others.
3) To say thank you everytime.
4) To read some ayats or Surah of the Holy Quran daily.
5) To read Dua e Salamti Imam Mahdi A.S اَللّٰهُمَّ کُنْ لِوَلِیِّکَ الْحُجَّة daily.
6) To sleep early.
7) To do one's work by themselves.
8) To be regular at school and Madressa.

9) To regularly do the ritual bathing on Fridays (Ghusl e Juma).
10) To pray on time (i.e awal e waqt) as children get a little older.
11) To say اَلحَمدُلِلّٰہِ or شُکراًلِلّٰہِ i.e thanking Allah on being successful or on receiving some blessing.
12) To say “SubhanAllah” on hearing something that has made them happy, or on something nice.
13) To recite any supplication or Surah Fatiha for the souls of the deceased before sleeping.
14) To come forward and help others.
15) Habit of sitting with parents every six months, to take out and distribute (amongst the poor) excess stuff such as clothes, shoes, edible items etc which are lying in the house. This should be done so that they form a habit of helping others.
16) To wear a ring with Aqeeq stone.
17) To give others water to drink.
18) To stand in respect of elders when they come.
19) The habit of helping parents and to be at their service.

Parents should get the children into the habit of helping them from a very young age. Children should be made aware of the rewards waiting for them for this good deed. They should be told stories of how our Infallibles, Prophets, scholars and pious people respected their parents and also be made aware of the disadvantages and punishments for annoying them.
Similarly, parents should not only appreciate children on helping, but, also express their affection, pray for them and mention it to others as well. All these forms of encouragement will help children develop the habit of assisting parents, and it will be nothing new for them when

parents will actually need their help upon growing old.

20) To personally serve people water.
21) To put scent on their clothes as well as on their parents clothes before namaz.
22) To give Azan loudly in the house at the time of prayers.
23) If you want to recite the Holy Quran, then, tell children to bring the sacred book with care and respect.
24) Children should lay the prayer rug for themselves and their parents.
25) If you (as parents) want to give something to the poor, then, make children do the giving with their own hands.
26) To have the child kiss the hands of his paternal and maternal grandparents. Their prayers in turn will protect children from all sorts of satanic mischief.
27) To make the child clean the tablet of prostration (sajdahgah) if it has become dirty.
28) Mention the good habits of your children in front of others so that it becomes a means of encouragement for them.
29) Although, parents are able to do things by themselves, they should also let their children serve them. This will be an important ingredient for success in their lives of this world and the Hereafter.
30) It should be the responsibility of the older children to take their parents to the doctor, hospital etc. when they are sick and buy medicines for them.
31) Children should accompany parents in getting groceries etc. so that they can learn to become responsible.
32) Payment of utility bills etc. should be a part of the children's responsibility.

RULE NO 15.
SELECTION OF THE BEST POSSIBLE TEACHER AND THE BEST POSSIBLE RELIGIOUS INSTITUTE.

Parents should select for their children the best available religious teacher or have them enrolled in the best possible madressa (religious studies institute). It will be worthwhile, if extra money than normal is spent in acquiring the services of a good teacher, for this money will surely not go to waste.
Imam Jafar Sadiq A.S has said:
"Make haste in teaching your children ahadith before the Marje'eah (sects which have gone astray) inculcate their false beliefs, and take precedence from you in this regard" (Usool e Kafi, Vol 6).

Imam Hassan Askari A.S has said:
"Parents will be bestowed with abundant rewards and blessings on the Day of Judgement. These pleasantly surprised parents will ask that O Lord! Why this generosity? Our deeds don't merit such a lofty status."
They will be told that:
"These rewards are for you because you gave your children knowledge of the Holy Quran, insight about Islam, strived to create love of the Holy Prophet S.A.W.W and Hazrat Ali A.S in their hearts and taught them Islamic jurisprudence." (Mustadrik ul Wasail, Vol 1, page 290).

Protection from the fire of hell:

Holy Prophet S.A.W.W refers to the unimaginable rewards

parents get for arranging a proper teacher for their children in the following hadith:
"When a teacher teaches the child Bismillah, then Allah Almighty gives the teacher, the child and his parents protection from the atrocities of Hell."

If parents put in a little effort and find a good teacher for their children, then even those being raised in the worst of (spiritual) environments can turn out to be for the better. The son of Yazid (curse of Allah be upon him) was raised in the most atrocious of spiritual and moral environments, yet grew up to be a true lover of Ahlul Bayt A.S only because of a good teacher.
After Yazid found his destiny in Hell, this very son of his was offered the throne. He outright refused to accept it and wished that he hadn't come in this world to be Yazid's son. He was so depressed by this state of his that he left for eternal abode very young.

Umar Bin Abdul Aziz, who had belonged to the tribe of Banu Umayyah, got the throne after 70 years of ills had been spoken against Imam Ali A.S from the pulpits. In a short span of six months, he managed to rid the society of many evils amongst which was the curse on Imam Ali A.S as well. Umar would himself go on to say that "Whatever good deeds I undertook were purely because of the training of my teacher."

Mutawakkal Abbasi's son, Motazad, was also a Shia of Imam Ali Naqi A.S, though his family background suggested otherwise. A proper teacher, a proper madressa was what changed him for the better. His love for Prophet S.A.W.W's family was so pure that he killed his father who

was a staunch enemy of the Ahlul Bayt A.S.

Will of Imam Ali A.S:

Parents should try and understand what Imam Ali A.S told his son Imam Hassan A.S, in his will below:
“Surely the heart of a child is like an empty fertile land, whatever you will sow, it will accept. Before your hearts became hard and started to wander around and get confused with the wrong ideas, I took steps to train you and teach you etiquette."

Imam Ali A.S has further said:

“No wealth and inheritance is better than that of good etiquette."

It should be noted here that grooming and upbringing also becomes the responsibility of the teacher, and they should treat it as a divine mission.

Resemblance with the Holy Prophet S.A.W.W:

Teaching others and guiding them in religion is something that the Prophet S.A.W.W has attributed to himself. Prophet S.A.W.W used to say that بِالتَّعْلِيمِ اُرْسِلْتُ i.e “I have been sent to educate”.
A teacher of calibre doesn't force children to learn, but, tries to create interest in them to seek knowledge.
If purity of intention is combined with the sweetness of affection, it can enable even astray children to pick up books during holidays.

RULE NO 16.
SOME HOW GET CHILDREN INTO THE HABIT OF PRAYING NAMAZ

Be it through gifts, incentives, encouragement, by scaring them or tempting them, but, do get them into the habit of praying.

Parents should recite supplications for children to get into the habit of praying.

If parents, by different means, can get children to pray regularly from a young age, this namaz itself will protect them from sins. If God forbid, they do get mislead, then because of their prayers they won't be able to carry on with disobeying the Almighty beyond a certain limit. Namaz itself will pull them back towards good deeds.

Allah says in the Holy Quran: وَاْمُرْ اَهْلَکَ بِالصَّلٰوۃِ

"Order the people of your household to pray namaz."
(Surah Taha, ayat no 132)

Furthermore, in the Quran, a special quality of Hazrat Ismail A.S is mentioned:
"He used to enjoin on his family Salat(namaz)"
(Surah Maryam, ayat 55).

Hazrat Ibrahim A.S recited this supplication for his family and progeny i.e

"Make them from amongst those who pray namaz."
(Surah Ibrahim, ayat no 40).

رَبِّ اجْعَلْنِی مُقِیْمَ الصَّلٰوۃِ وَمِنْ ذُرِّیَّتِی

(O my Lord! Make me one of those who performs Salat along with my offspring).
That is why the Holy Prophet S.A.W.W has said:
“From the age of 7 years, order your children to pray namaz”.

<u>The best way of getting children to pray:</u>

The best way of getting children into the habit of praying is when people of the house are punctual about their prayers. By looking, children learn the most, even more than the pep talk and advises they are given. They will automatically pray when they see their parents praying from an early age.
Allah at one place in the Holy Quran addressed our Prophet S.A.W.W and said:

وَاْمُرْ اَھْلَکَ بِا لصَّلٰوۃِ وَاصْطَبِرْ عَلَیْھَا

(Surah Taha ayat 132).

"And enjoin namaz on your family, and be patient in offering them."

In this ayat, Allah has kept an indifferent sequence. On face value, it should be you offering prayers first and then your household, but here Allah is instructing us to tell our household to establish prayers and emphasised that this command of ours will only be meaningful when we ourselves are following it more strictly than them.

<u>Encouragement and gifts:</u>

Parents in order to get children into the habit of praying can take the support of gifts, love and affection, encouragement, praise, scolding, being annoyed at them and even little bit of beating. Special prizes should be given on praying the Fajr namaz regularly, and it should be topped up with more gifts if the child hasn't lapsed prayers in a month or the whole year.

Prayers offered regularly by children during their initial years will be very beneficial for them later on in life and enable them to get into the habit.
Gradually gifts and incentives can be tapered off and inshAllah they will be able to perform prayers with complete purity upon growing older. It is worth mentioning here, that parents too will be recipients to the continuous rewards of their children praying.

<u>RULE NO 17.</u>
<u>PARENTS SHOULD NOT REFRAIN FROM EXPRESSING THEIR LOVE FOR THE CHILDREN EVEN WHEN THEY HAVE GROWN OLDER.</u>

Parents are often seen keeping their love and affection limited to their young ones only. This also starts to wear off as children grow older and becomes non-existent when

they have grown.
Parents assume that love and affection to older children will work adversely and spoil them.
This philosophy is wrong, as older children also feel happy when parents show care and concern towards them and are saddened if otherwise.

At different places in Hadith-e Kisa, words like يَاقُرَّةَ عَيْنِى (O! the coolness of my eyes), وَ ثَمَرَةَ فُؤَادِى (O the fruit of my heart!) reflecting love and affection have been used.
The Holy Prophet S.A.W.W also from time to time addressed Hazrat Zahra S.A with words of kindness and care, even though she was no longer a child. The Prophet kept expressing his fondness for the great lady by saying:

“Fatima S.A is a part of me, whoever, upsets her, upsets me”.
After marriage, whenever Hazrat Fatima S.A came home, the Holy Prophet S.A.W.W stood up to greet her, kissed her forehead and made her sit on his place.

The drawbacks of not expressing love and affection towards children.

Parents should understand the feelings of older children with regards to the expression of love and affection.
A child, for example a girl, who is devoid of hearing loving words from parents, will easily fall prey to indecent boys using inappropriate words and their false expressions of so called "love".
Unfortunately, parents themselves are the main culprits for not expressing love over a sustained period of time,

resulting in someone else taking their rightful place.

Holy Prophet S.A.W.W has said:
“Whenever you like someone, then express your love and affection towards them also. This gives birth to peace and reconciliation, and brings you closer to one another.” (Mustadrik ul Wasail, Vol 2, page 67).

RULE NO 18.
PARENTS SHOULD WORK TO STRENGTHEN THE BELIEFS OF THEIR CHILDREN AND FOR THEIR SPIRITUAL UPLIFTMENT

Parents should give it their best effort to make sure that the fundamental beliefs of children are not shaken. This should be supported with so much work that it reflects the parents' sincerity. Children should at all cost be saved from the influence of Ghalis (those who exceed the limits in praising the Imams), Communists, Muqassirs (those who lower the status of the Imams), Malangs, non-religious and transgressors.

Azan and Aqamat and rhymes.

To recite Azan in the ears of children at the time of birth is infact the first step in making them acquainted with the true beliefs of Islam. This real seed of faith makes its way into the children's heart through their ears. It must be kept in mind that all children are born on the religion of Islam.

This manner of Azan and Aqamat at birth and Talqeen after death refreshes one's inborn beliefs.
Remember! Since ear is the part of a body that starts functioning first, children from the very beginning should be made to hear rhymes which carry the messages of faith. These rhymes are the single most important method of grooming children during their initial days in this world. Don't sing the child meaningless and senseless rhymes like “Aik aik tara ghu ghu tara..etc etc
They should be sung rhymes like Allah is One, Panjetan are five, Imams twelve and Masooms are fourteen; Allah Allah Haq Allah, La ilaha illallah etc. in a certain rhythm and a melodious voice.

A few important measures:

At meal times, ask or make children realise where all these blessings come from. Do tell them about its source i.e Almighty. Also make them aware that Allah has made the Ahlulbayt A.S as a link between himself and mankind. They should know the lofty status of the Ahlul bayt (a.s).

On a regular basis make children versed with the Day of Judgement, Heaven, Hell, Satan, Dajjal etc so that they are on guard in real life and be able to implement religious knowledge in their daily routine.

Once upon a time a fisherman was busy catching fish with his young daughter. After a while he realised that his daughter kept throwing the catches back into the water. Upon inquiring, the surprised father was told by his daughter that:
O father! Holy Prophet S.A.W.W has said,

"Fish get stuck into the net only when they stop remembering Allah.” Therefore, I would not want to eat a fish which had become oblivious to Allah's remembrance.

Make the children love the Holy Prophet S.A.W.W and his progeny. When their name is mentioned, everyone in the house should say a loud salutation (durood) on them. This would lead to automatic progression of love in their hearts.

Keep reminding children that Allah Almighty is always looking; when we are alone, in the house, at school, at somebody else's house--- everywhere. Tell them that our bad deeds greatly upset our Imam-e-Zamana A.S.

During spiritual grooming, get children to adopt the great trait of generosity, which by itself is enough to take them to Paradise. Give them extra snacks for school and have them share it with their friends. Make it a point to emphasise that Allah will keep on bestowing them more when they are giving others.
When children start to speak, have them say the first kalma “LA ILAHA ILLAHLAH”. The seeds of upbringing will be sowed from that very moment and it will be registered in their minds that they are creations of Allah.
Whatever is observed through the eyes and ears reaches a child's heart. Ear has been considered a funnel of the heart i.e whatever will go into the ears will go through the funnel to the heart. Similarly, seeing an Islamic environment in the house too will leave a positive impact on their minds.

Explain to children that these very parts of our body which we are using to commit so many sins will tomorrow vouch

against us on the Day of Judgement.
Teach children to pray for the well-being of their friends, relatives, brothers, sisters etc.

If children have two of a thing (eg two toys), then make them give one to the other child. If they have many pairs of shoes, then have them give one to the maids, gate keepers or driver's child or a needy person. Try and make them hate to keep things in their possession which are more than their necessity.

Make them learn small Surahs. In short, the habit of all good deeds will make them spiritually stronger and inshAllah after puberty they will have formed a personality that will have become attuned to good deeds and an Islamic way of life.

RULE NO 19.
IF THE CHILDREN ARE NOT LISTENING AT ALL, THE FOLLOWING SHOULD DEFINITELY BE IMPLEMENTED:

1) Before explaining important issues or giving advice to children, pray a 2 rakat namaz (salaat) for effectiveness in your speech of what you are about to tell them.
Then recite the following supplication:
“O Allah! You have control over all things. Please, for the sake of Holy Prophet S.A.W.W and his progeny guide my children to the right path”.
After this supplication, explain whatever you have planned

for and inshallah you will succeed. However, at the time of explaining please bear in mind that your tone is mellow and free from all sorts of anger.
This is because, if truth is voiced with a clear conscience and in a civilised manner, it will have a positive impact. On the contrary, if the child has not been convinced, then probably one of the following is missing: What you are saying is not right, or your intention is not clear, or it is not being said in a proper way.

2) If your child is not understanding and is disobedient, then seek repentance from the Almighty. Also evaluate whether you have in the past done or spoken to your parents in this manner and are now having to bear this as a form of punishment.
If your parents are alive, seek their forgiveness or try and win over their hearts by your behaviour. Simultaneously continue to seek repentance from the Almighty for the mistakes made in the past.

3) Try and mix Zamzam in your drinking water at home. Recite the given supplication, blow it on the water which is mixed with Zamzam and keep it in a place in the house from where everyone can drink it regularly. InshAllah, everyone will find relief from all illnesses of both the body and soul.
Supplication is a follows:

اَللّٰهُمَّ اجْعَلْهُ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَ شِفَاءً مِّنْ كُلِّ داءٍ وَ سُقْمٍ

4) Imam Jafar Sadiq A.S said:
"Whoever recites Surah Saf 107 times with the intention of making his children obedient, inshAllah his children will become obedient.

5) Holy Prophet S.A.W.W has said:
“Whoever writes Surah Yunus, keeps it in the house and takes the names of everyone in the house, then, their shortcomings will come to light (so that they will be able to correct themselves).”

RULE NO 20.
UPBRINGING SHOULD BE CARRIED OUT WITH PROPER PLANNINGS AND CONSULTATIONS.

The family, relatives, school and madressa should be taken into confidence and consulted from time to time. Remember! Upbringing varies between children of different age groups.

Holy Prophet S.A.W.W has said:

“A house that lacks wise planning and programming is ruined and ends up in wilderness."

Parents after taking the people of the house and relatives into confidence should share the problems faced by children, seek advices and then start to implement whatever is concluded. Their input will also make them feel a part of this and somewhat own up to the responsibility of grooming that child.

Similarly, meetings should also be held with good friends of the children who are close to them. These close friends should be taken into confidence and inquired from if there exists any vices in their children which they (parents) may

not be aware of. Furthermore, advice from their friends should also be sought and they too should be made to keep an eye on the child.

RULE NO 21.
RECITE SUPPLICATIONS FOR YOUR CHILDREN.

Reciting supplications for children is the legacy of the Prophets A.S and Masomeen A.S. It could be said as being easy at best, for it neither requires money nor physical exhaustion. If parents can recite abundant supplications for their offsprings, then, it is not impossible for even those children who have gone astray, to accept the truth.

It is said in Surah Furqan Ayat no 74,

"O Lord! Bestow on us from our wives and our offspring those who will be the comfort of our eyes and make us the leaders of the pious."

From this we can also conclude that the pious people not only resort to enhancing themselves spiritually and doing good deeds, but, also keep trying for the betterment of their families.

QURANIC SUPPLICATIONS:

Surah Ibrahim Ayat no. 40 says,
"O my Lord! Make me steadfast in prayer and (also) my offspring. O Lord! And accept my supplication."

Surah Ibrahim, Ayat no 35 says,

"O my Lord! Keep me and my sons away from worshipping idols."

Surah Al e Imran Ayat no 38 says,

“O Lord! Bestow on me a goodly offspring from You."

For this reason, it has been stressed that on the wedding night, the following supplication from Bihar-ul-Anwar volume 103 should be recited, while keeping your hand on the bride's forehead.

“O Lord! I have received my belonging back and by virtue of nikah she has become lawful for me. O Lord! Now grant me pious and blessed offsprings and keep Satan away and disappointed from my progeny."

Furthermore, when pregnancy is confirmed, the supplication of Bibi Maryams' (a.s) mother should be recited.

This supplication is in Surah Al-e-Imran ayat no 35.

اِذْ قَالَتِ امْرَاَتُ عِمْرَانَ رَبِّ اِنِّیْ نَذَرْتُ لَکَ مَافِیْ بَطْنِیْ مُحَرَّرًا فَتَقَبَّلْ مِنِّیْ ج

اِنَّکَ اَنْتَ السَّمِیْعُ الْعَلِیْمُ 0

Translation: When (Hannah) the wife of Imran said: "O my Lord! Verily I have vowed to You that which is in my womb to be (exclusively) dedicated (to Your service), therefore accept this from me. Verily, You are the All-Hearing, the All-Knowing."

It is worth mentioning here, that, till now we have not seen a mother who has made a nazr (religious vow) to sacrifice

her children for the services of religion and followed up on her vow by keeping them free of the engagements of this world. We have not seen a father who has said “Son don't worry about the expenses, I will bear them, you go and serve Islam."

When will these types of parents come forward from amongst the momineen?

A supplication from Sahifa-e-Kamila.

In addition, to the Quranic supplications, parents should make arrangements to recite Imam Zain-ul-Abideens' (a.s) dua which parents should recite for children.

Amal e Umme Dawood:

Mothers should also take time out to do Amal e Umme Dawood for their children, which is mentioned in Mafatih-ul-Jinan.

Recitation of Surah HaMeem:

· Imam Jafar Sadiq A.S has said:

“Whoever, recites Surah HaMeem with the intention of having obedient children 107 times, his children will become obedient."

To write Surah Yusuf and keep it at home:

· Our Holy Prophet S.A.W.W has said:

“Whoever writes Surah Yusuf, takes the name of everyone in the house and keeps it in the house, then, if there are any shortcomings, they will come to light (and they will be able to rectify themselves)."

To recite Surah Qadr after obligatory prayers:

Shaikh Kulayni R.A has quoted from Imam Jafar Sadiq A.S that:

“One who recites Surah Qadr after every obligatory prayer, Allah will gather the goods of this world and the Hereafter for him and will forgive him, his parents and his children."

Recitation of Surah Noor:

According to a tradition of Imam Jafar Sadiq A.S,
One who recites Surah Noor, his respect and dignity will be protected, and if he recites this Surah every night then no one from his household will get involved in adultery till their death."

Recitation of Surah Baqarah:

Holy Prophet S.A.W.W has said:

“Satan runs away from the house in which Surah Baqarah is recited."

Therefore, all the above supplications, Quranic surahs and Quranic verses should be recited with purity of intention for grooming children, as nothing is possible without the help of the Almighty.

RULE NO 22.
PARENTS SHOULD INCREASE THEIR SOURCES OF KNOWLEDGE WITH REGARDS TO GROOMING CHILDREN.

Study of following books can be very useful.

1) Usool e Tarbiyat….. Allama Ibn e Hassan Najafi.
2) Tarbiyat e Farzand …..Ayatollah Hussain Mazahiri.
3) Ghar Aik Jannat …. Ustaad Hussain Ansariyan.
4) Aieen e Tarbiyat …. Ayatollah Ibrahim Amini.
5) Taleem O Tarbiyat Kay Sunheri Usool….Raza Farhadian
6) Dastan e Azwaj o Tarbiyat .... Aqae Mehdi Shamsuddin.
7) Bachay ki Tarbiyat ..... Maulana Raza Ghaffari.
8) Aulad Nek Kaisay Ho? …. Doctor Hakeem Mubarak Ali.
9) Bachoon Ki Tarbiyat …. Shaikh Ali Mudabir Najafi.
10) Tarbiyat e Aulad ….. Maulana Jan Ali Shah Kazmi.
11) Misali Maan … Markaz e Ilm o Amal Qum
12) Waledain aur Sarparaston Ki Zimmidarian .... Raza Farhadian.
13) Tarbiyat e Aulad Aur Jadeed Tehqiqat .... Mohammad Anwar Bin Akhtar.
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Besides the above; other literature on children's mental and religious upbringing, child psychology, and children's health is also available in the market which parents should

look into for their reading and contemplation.
Young parents should also increase their knowledge about computers and the internet, so that they are able to benefit from new research and knowledge on this subject and keep an eye on the computer activities of their children.
Furthermore, children should also not get the feeling that their parents are orthodox and not able to ride the technology wave of today.

Those who are single or about to get married should try and seek prior knowledge on subjects like marriage, how to manage a married household, selection of spouse, child upbringing etc. as today's girl will be tomorrow's mother, and the flamboyant teen will be tomorrows responsible father.
These young parents to-be should start contemplating on the style of living, food, upbringing, faith, etc and increase their research without further delay so that children born to them are pure, pious and with proper etiquette.

Religious institutions, parents with children, married people and grand-parents should arrange for regular programs of dars, lectures, seminars etc. for guidance of youth. Thus, enabling them to become versed with Islamic values and piety and ease into the sacred ritual of marriage.
If the young, especially girls, do not practice religion, are ill-mannered, careless, inconsiderate, do not observe proper Hijab, are without character and bad-tempered, then it will be very difficult for them to bear pious children.

It is about these women that our Holy Prophet S.A.W.W had said:
"Towards the end of time on this earth, it would be better

for women to bear snakes and scorpions than bearing children."
In simple terms, one cannot have pious children from a house of ignorant and sinful parents.

RULE NO 23.
GROOM YOUR CHILDREN PSYCHOLOGICALLY.

1) Sometimes, parents unknowingly instigate children into disobeying them.

Instead of talking firmly and positively, parents are found to be pleading children, scaring them, fulfilling their needs or promising them with something to make them accomplish a given task. This makes the child conclude that parents can be disobeyed.

Requests by parents should be in a firm and affirmative manner and at the same time not lack the element of kindness and respect.

2) Physical abuse of children leads to grave psychological consequences. It should be avoided as much as possible, for it causes them to lie, distance themselves from their parents and eventually break their relationship with them. Countering children's misbehaviour with anger and punishment is indeed one of the worst ways in upbringing.
3) Psychological grooming of children includes kindness, love, care, affection and respect. In addition, reassuring pep talks on self confidence helps overcome depression and puts them on the track to success.
4) Parents should always be kind, sincere and courteous towards each other in front of children. This kind of cordial

behaviour between them will definitely have a positive impact on children.
5) Parents should take children's permission before using their things. This will make the children aware of the respect and importance their parents have for them.
6) Let children themselves tackle the small issues they face. Don't immediately jump to helping them, because instant help will make their personality weak, introvert and one that is easily intimidated.
7) Make children aware about the achievements of the pious, the brave and the ones with exemplary characters from amongst practicing Muslims. Psychologically, it helps them to become stronger and more motivated.
8) A child's self respect should always be kept in mind. The Holy Prophet S.A.W.W used to prolong his prostrations for the sake of Imam Hassan A.S and Imam Hussain A.S. At times, he would finish his prayers early because of them and said “Respect your children and treat them in a nice way." This kind of respect yields countless benefits.
9) Naughtiness of children should not always be taken negatively. They should not be told off on their high level of energy, activity and aggressiveness.
Our Holy Prophet S.A.W.W has said
“How nice it is for children to be active and sharp when young, as this enables them to acquire a calm and dignified personality later on in life."
Meaning there is nothing negative about children being active when young.

In another tradition it has been narrated:
“High level of energy and alertness in children are a sign of them being intelligent in the future."

10) Praising and encouraging children makes them very strong psychologically. However, the following should be kept in mind when encouraging:

a) Children should not be praised, but their good deeds should be brought to light and acknowledged.
b) The work that children have done should deserve praise. Unnecessary praise for routine actions should be avoided.
c) Praise and encouragement should not be a form of bribery e.g if you don't hit your brother you will get a sweet. This will cause them to think that if they don't get the sweet, they can hit their siblings.
d) If children have completed a given task on their own laboriously then, praising in front of everyone should be enough.
e) Praising children all the time is not recommended, as this will cause them to become conceited and proud.
f) Praise should not be the goal to motivate children into doing something. They should be praised after the work is completed.

11) Try and make as few rules as possible in the house. For the betterment, those important rules which have been made should be strictly followed. If every big and small thing is laid down as a rule, the child will not be able to differentiate between the not so important and very important.
For e.g late night with friends or staying awake till late can be subject to appropriate degree of strictness.
12) The best time to advise and remind them about something is when they are in a pleasant mood. The child is most receptive to guidance then.
13) Don't force children to do something when they are

tired and fatigued, this will cause them to disobey you.
14) A child's academic weakness in childhood doesn't mean they will always remain like this. Over the years, many have gone on to do remarkably well later on in life, sometimes to a level even the brightest of students weren't able to accomplish.
Children will inshAllah change later on in life if a favourable environment is provided.
Abusing them on their low grades will do nothing except put them under severe psychological pressure. What they need now is proper counselling and restoration of self confidence.
15) Don't curse your children on their wrong doings or bad decisions. For example, if you call for something from the market and they happen to get the wrong item then, don't tell them off by saying:
"O idiot! Why did you bring this! It was better if I had not asked you to get it."
Also don't be critical about the things they buy for themselves. Remember! Everyone thinks differently!
Negative statements by parents can shatter child's confidence and it could well be that they may never be able to make proper decisions in their life.
Such statements are not easily forgotten by children and lead them into thinking that they really must be stupid, which is why everyone is always scolding them.
16) Keep an eye on children in a way that they don't know you are secretly spying on them. Make them believe that you consider them good children (trust them), because psychologically it doesn't bode well for them to lose their respect in the eyes of parents.
Don't try and correct children's mistakes through one of your own mistakes.

17) There should not be a mental gap between yourself and your child. On the contrary, maintain a friendly relationship. Parents must attend the parent teachers meetings (PTM) held at school.
18) Tell children stories of brave men, as this will help them overcoming the fear from within.
19) It should be kept in mind that children should not make friends with children much older than them, as the older friend's negatives will have an impact.
20) Don't ever scare the child with anything e.g witches, monsters, jinns, scary fictitious characters and so forth.
21) Don't fulfill all the desires of children for it will make them selfish and impatient.

RULE NO 24. NEVER INSULT CHILDREN AND ADOLESCENTS.

Those children who have been brought up in an atmosphere of abuse (verbal and physical) are very susceptible to associating with friends as a way out from the torturous family environment. This drastically increases their chances of falling into the hands of criminals or criminal activities, especially when the environment at home is not cordial and friendly.

*Sometimes, teachers also play a big role in spoiling a child's character. They would curse, insult, send them out of the class, and make a mockery of the child in front of their fellow students. This results in their unwillingness to pursue studies and become totally averse to education.

It is quite possible that children remain quiet at that moment of scolding and insults and don't show any reaction immediately, but later on explode by leading a sinful life without any religion and purpose.

*Parents should keep in mind that children are more conscious about their self respect and dignity than adults and should not be treated rudely.

A few examples of treating children with abuses and insults could be:

1) To remind them of their mistakes in front of others.
2) To complain about them in front of relatives.
3) Not respect the promises given to them.
4) Not to reply to them when they greet you with Assalamu alaikum.
5) Not to greet them with Salam yourself.
6) Compare them with others.
7) Make them wear clothes, shoes, socks etc. or feeding them with your own hands.
8) Parents interfering and answering on children's behalf rather than letting them answer.
9) Not to listen to what children have to say with complete concentration.
10) Not to designate a separate chair or plate etc for children when eating, but, to make them eat sitting on your lap and from your plate.
11) Make fun of them.
12) To curse and abuse them.
13) To shun their queries by scolding or telling them not to waste their time.

14) Expect more marks from them in school/college then they are capable of.
15) Not to call them by good names or surnames.
16) Falsely accusing them of breaking something.
17) Always keep reminding them about your expectations of them.
18) Keep nagging them again and again and again ....in their work.
19) To coerce them into doing something.
20) To always be excessively inquisitive in what they are doing.
21) To keep telling them about eating and drinking and expect them to like and eat all kinds of foods.

RULE NO 25.
RECOMMENDATIONS FOR THOSE PARENTS WHOSE CHILDREN HAVE NOW GROWN AND BECOME YOUNG ADULTS.

Concentrate on getting them married early

Don't keep unnecessary and irrelevant conditions in place and look for the “ideal” companion. When neither you, nor your son or daughter is “perfect” then why do you look for these conditions in your sons and daughters-in-laws to be?

Imam Baqar A.S said:
"Nothing can be more troublesome than the instance in which a young Muslim male seeks a Muslim female's hand in marriage only to be told by the girl's father that I'm

sorry, your wealth status is not compatible to that of ours." (Mustadrik ul Wasail)

Ali ibne Asbat wrote a letter to Imam Mohammad Taqi A.S saying:

"I have not been able find boys for my girls who are like me in (piety and etiquette) so that I can give them my daughters hand in marriage"

Imam A.S wrote back in return:

"Whatever you have written about your girls has come into my knowledge, may Allah have mercy on you. You don't need to be so cautious with regards to your daughters."

To dwell with extra precaution on proposals being received for girls results in:
a) Them being at their parent's house more than normal.
b) Causing their characters to deteriorate.
c) Them losing their charm with the passage of time.
d) Not marrying at their prime.

Those who are to marry should abandon irrelevant expectations, put aside too many conditions, traditions, extravagant spending etc. and marry only for the pleasure of Allah with a simple ceremony.
Marriage also plays a big role in character building.

Holy Prophet S.A.W.W said:
"Marry your bachelors so that Allah beautifies their etiquettes."

(Izdiwaj dar islam).

Holy Prophet S.A.W.W in another tradition addressed the youth directly and said:

"O youth! Whoever from amongst you can afford to marry, should marry, so that the wandering of your eyes are limited to minimum women and you remain chaste." (Izdiwaj dar Islam page 14).

Holy Prophet S.A.W.W further said:

"Whoever marries in early adulthood, Satan screams by saying, O dear! O dear! He has saved two-thirds of his religion from me".
This means that early marriage will save them from sins and lead them towards dignity which actually should be the main aim in guiding the youth of today.

On the Day of Judgement, those parents who upheld baseless traditions and conditions for marriage, those youngs adults (males + females) who did not marry early, and those who could afford to sponsor/contribute in marriages but didn't out of stinginess, will be asked the question of WHY?
It is known that a house of bachelors cannot remain protected from evils and destruction.

*Regardless of a child's age, it is incumbent on the head of the household to keep inviting them towards Almighty Allah. However, it should be with love and affection and not in a manner that would drive them further away from religion.

Take the young with you to mosques, hussainiyas etc. Pray for them, thank them, get them tutored by a good teacher, take advice from them, hug them, kiss them, and treat them with respect. Refer to them with words like "O my dear son/daughter! Allah has given me life, so that I can help you. All that I have is after all yours, you are the pearl of my eyes and if I'm unable to do anything, then, the least I'll do is pray two rakaat namaz and recite supplications in your favour."
This kind of an attitude from parents can bring even the disobedient of children onto the straight path.

*As children grow older and reach puberty, fathers should change their approach from being the one in command to that of more like a friend. They should not boss around too much.

· To scream and yell at young children is totally inappropriate as it can result in them becoming even more disobedient.

· Children, through books or by good tutoring must be made to understand the dangerous repercussions both in this world and in the Hereafter of hurting the feelings of their parents. This way they think twice before committing such a big sin.

*Those children who are very scared of their parents turn out to be timid and cowardly upon growing older.

*House should be rid of all such materials that incite lustful feelings such as vulgar magazines, books, photos etc. Furthermore, children should also be made aware of the negatives of television, internet, mobile phones, face book etc by conducting seminars, group discussions, lectures of

Ulema. This would also enable them to know their boundaries well.

*Parents should also keep an eye on the friends and acquaintances of their children. Either they themselves or through the children's good friends, keep a check on them in an unnoticeable way.

*Adolescents from time to time should also be made aware of people propagating false beliefs so that they are on guard when they come across them.

*Parents should make the effort of keeping a weekly or fortnightly lecture/dars/majlis at their house, as this will cause those children who don't have religious inclination to forcibly participate in them and albeit slowly, changes will take place (inshAllah).

A point to note here is, that if evil has so much pull to drive our children towards Satan then, surely the teachings of the Holy Quran, traditions, etiquettes are more weighty (if followed and practised) and can bring astray people back to the sanctity of religion.
This method should also be tried, inshAllah, it will reap benefits.

*Parents should never give up praying for the etiquette, behaviour and beliefs of their children, even when they have become young adults. They could be more in need of their parents' supplication at this critical junction of their lives. The power of supplications by parents, which is in favour of their children, should never be underestimated.

If the Almighty wills good for your children as a result of your supplications, then there is no other power to undo it.

*Zamzam should be mixed with normal water and everyone in the house should drink it regularly, even when your children have grown older. The following supplication should not be forgotten when drinking the Zamzam water.

اَللّٰهُمَّ اجْعَلْهُ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَ شِفَاءً مِّنْ كُلِّ دَاءٍ وَ سُقْمٍ

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